

## **Impact of Puerperal Sepsis Self-Care Nursing Guideline on Women's Knowledge and Practices**

**Background:** Over 30.000 maternal deaths were referred to as postpartum sepsis; which consider as the third most frequent cause of approximately 290.000 maternal deaths worldwide. Puerperal sepsis is an important public health problem which is a leading cause of maternal death, especially, in developing countries due to the lack of knowledge on preventive methods. **This study aimed** to investigate the impact of puerperal sepsis self-care nursing guidelines on women's knowledge and practice among primiparous postnatal mothers. **Subjects and Methods:** An interventional quasi-experimental, pre-posttest, research design was carried out at the postpartum unit of Fayoum General and University Hospitals on 100 primiparous women. Data were collected using a structured interview questionnaire. **Results:** There is a highly significant improvement of the studied women's knowledge regarding puerperal sepsis after introducing of the puerperal sepsis self-care-nursing-guidelines compared with pre-intervention ( $p < 0.001$ ). There are no significant differences in the total score of knowledge about socio-demographic variables ( $p > 0.05$ ). However, improvement of women's knowledge regardless of their demographic variables was noticed in both immediately-intervention and one-month after the intervention. **Conclusion:** The primiparous-postnatal mothers who received and compliance with the guidelines regarding puerperal sepsis and its prevention had high knowledge and practices score in the post-test of the intervention program than in pre-test ( $P \leq 0.01$ ), which shows the effectiveness of puerperal sepsis self-care nursing guidelines in increasing the knowledge score of primiparous post-natal mothers regarding the prevention of puerperal sepsis. **Recommendations:** Such guideline needs to be given while the antenatal period also and thus promote healthy post-partum period. The study can be replicated in a larger sample, in different settings.

**Keywords:** *puerperal sepsis, self-care, nursing guidelines, knowledge and practices*